1:McIlwraith E-5 (1922-1924)1948
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quantities of ducks and geese, and the inhabitants of the inland villages sometimes made hunting expeditions to the nesting places of wild-fowl in the lakes of the interior uplands. Although numbers of birds were sometimes killed in this way, they were never a steady article of diet. The same is true of grouse. Always plentiful, these birds were commonly killed, but never in large numbers.

The basis of the food supply was fish. The river teemed with salmon, which enabled the country to support its relatively large population. Spring, sockeye, hump-back, dog, and cohoe salmon, all entered the river in thousands during the spring and summer, while the steel-head could be caught throughout the year. They were taken in weirs and their flesh smoked for winter use. Throughout the year, salmon was the principal article of diet. Second in importance was the olachen, a fish somewhat resembling a herring, which entered the river in great numbers during April or May. They were taken in purse-like nets,* allowed to rot for ten days or two weeks, and then boiled. The grease was skimmed off and kept indefinitely to be used as a relish for other foods. It was always a sign of poverty if a person were obliged to eat berries without olachen grease. Trout and bull-heads were found in the river, but were not sufficiently plentiful to be of importance.

Although no form of agriculture was practised, the Bella Coola used vegetable food to a considerable extent. Berries were abundant; some were eaten raw, but many more were pounded into a pulpy mass and dried in the sun. Cakes prepared in this way kept indefinitely and formed one of the regular winter foods. The bark of the hemlock and cottonwood was eaten, as well as the roots of many plants. In recent years many of these have not been used, so that an investigator is apt to overlook their great importance in early times. Although useless for food, the cedar was the corner-stone of Bella Coola material culture. From its trunk were split out, with wedges, the wide planks which formed

*See Appendix A for a description of olachen fishing.